

	Monday	Tuesday
Breakfast	Mexi green drink	Egg w 2 cups spinach & 1/2 avacado
Lunch	Raw zuchini kale salad	Green shake
Dinner	Baked chicken thighs Steamed broccoli with ghee	Buttery broccoli with miracle noodles
Snacks	Soaked nuts (1/4 to 1/2 cup)	Raw almond crackers
Liquids	Clean water Matcha green tea Sparkling lemon fizz	Match green tea Hot chocolate Lemon water
	Wednesday	Thursday
Breakfast	Grain free granola	Apple ginger smoothie
Lunch	Detox salad	Eggless egg salad
Dinner	Wild salmon Caeser salad	Turkey meatballs Spinach salad
Snacks	Celery sticks with almond butter	Chocolate chia pudding
Liquids	Matcha green tea Bullet proof coffee Sparkling lemon Fizz	Matcha green tea Herbal detox tea Lemon water
	Friday	Saturday
Breakfast	Egg & turkey bacon	Gluten free bran muffin
Lunch	Green shake	Raw vegetable soup
Dinner	Savory chicken Arugula salad	Grass-fed beef stew Broccoli cabbage slaw
Snacks	Raw pickles & sardines	Soaked Nuts (1/4 to 1/2 cup)
Liquids	Matcha green tea Hot chocolate Sparkling lemon fizz	Matcha green tea Herbal detox tea Lemon water
	Sunday	Please NOTE
Breakfast	Green juice	This is a sample meal plan to help inspire your planning for a healthier diet. Please visit www.BreastCancerConqueror.com/Library/Recipes for more recipe ideas. There are 8 categories of food and drink to choose from. I try to keep my recipes Dairy, Wheat and Sugar Free and of course All-Organic
Lunch	Hard boiled egg/spinach	
Dinner	Baked chicken Roasted vegetables	
Snacks	Olive tapenade w/flax crackers	
Liquids	Matcha green tea Bulletproof coffee Sparkling lemon fizz	